

T U R N O F F T H E T V

Participate in **REAL LIFE.**

By age 18 the
American child has
spent more time
watching television
than any other
single activity.

JOIN **HEALTHY**
SOUTH DAKOTA
IN TURNING OFF
THE TV FOR
SEVEN DAYS FOR
NATIONAL TURN
OFF THE TV
WEEK, APRIL
21-27, 2008.

PURPOSE: To re-think the role and assess the impact of television, why we use it and how and what for.

HOW: Simply switch off or unplug your TV for seven days and participate in life.

WHO: South Dakotans of all ages.

WHERE: Homes, schools, worksites, etc.

WHAT: Walk to work or school, Play with your pet, Take a nature hike, Plant a flower, vegetable or herb garden, Play together as a family

HOW MUCH TV SHOULD YOU BE WATCHING?

CHILDREN UNDER 2:
No TV

CHILDREN OVER 2:
2 hours or less per day

ADULTS:
10 hours or less per week

FOR MORE INFORMATION, VISIT **HEALTHYSD.GOV**
OR CONTACT THE HEALTHY SOUTH DAKOTA STAFF
AT (605) 773-6744

